

# ***The Rosehouse Health & Wellness Center***

## ***JUNE 2010 EVENTS***

- TUESDAY – 8<sup>th</sup>**      **FIVE WISHES BREAKFAST- 9:30 A.M.** – Casey Robinson, GSW, with St. Joseph Hospice, will present information on Five Wishes. Five Wishes helps you express how you want to be treated if you are seriously ill and unable to speak for yourself. It deals with all of a person's needs: medical, personal, emotional and spiritual. Light breakfast will be provided.  
**PLEASE REGISTER BY MONDAY, JUNE 7<sup>th</sup>.**
- WEDNESDAY – 9<sup>th</sup>**      **PHYSICIANS MUTUAL SPONSORED BINGO – 1:00 P.M.** – Trevor Braun with Physicians Mutual will be providing prizes for the bingo game. Trevor will also provide information on supplemental insurance.  
**PLEASE REGISTER BY TUESDAY, JUNE 8<sup>th</sup>.**
- THURSDAY – 10<sup>th</sup>**      **POKENO – 1:00 P.M.** – Open group. All are invited to participate for an afternoon of fun. **PLEASE REGISTER BY JUNE 9<sup>th</sup>.**
- THURSDAY – 17<sup>th</sup>**      **AARP CHAPTER 4197 LUNCHEON 11:30 A.M.** – Everyone attending the luncheon is asked to bring a covered dish and serving utensil.
- WEDNESDAY – 23<sup>rd</sup>**      **KINGSLEY PLACE SPONSORED BINGO – 1:00 P.M.** – Kim Schneider, with Kingsley Place assisted living and senior retirement community, will be providing prizes for the bingo game. Kim will also be providing information on the services they offer. **PLEASE REGISTER BY TUESDAY, JUNE 22<sup>nd</sup>.**
- THURSDAY – 24<sup>th</sup>**      **AARP DRIVER SAFETY COURSE - 9:30-2:30-** Bob King, AARP Instructor, will provide a course on driver safety. The fee is \$12.00 for AARP members and \$14.00 for non- members. Upon completion of the course, you will receive a certificate which may make you eligible for a discount on your automobile insurance. **PLEASE REGISTER BY WEDNESDAY, JUNE 23<sup>rd</sup>.**
- WEDNESDAY – 30<sup>th</sup>**      **FIRST NAME BASIS SPONSORED BINGO – 1:00 P.M.** - Chris Messa, Community Relations Liaison, will be providing prizes for the bingo game. Chris will also be providing information on the services offered through their organization. **PLEASE REGISTER BY TUESDAY, JUNE 29<sup>th</sup>.**

### **NOTES FROM THE ROSEHOUSE...**

Lost and Found: Check at the front desk for missing items.

Get Ready: Coming in July and August - Badminton and Ping-Pong.

### **EQUIPMENT ROOM OPEN      8:00 AM – 4:00 PM    MONDAY – FRIDAY**

You must have a medical release form signed by your physician and on file at the Rosehouse in order to participate in any of the exercise classes or to use the Equipment Room. Medical release forms may be picked up at either the Rosehouse or the Greenhouse.

### **REGULARLY SCHEDULED PROGRAMS**

<b>Monday -</b>	8:15 AM	Modified Aerobics
	9:30 AM	Low-Impact Aerobics
	10:45 AM	Chair Aerobics
	1:00 PM	Poker
<b>Tuesday -</b>	8:15AM	Modified Aerobics
	10:30 AM	Beginners Line Dancing
	12:00 PM	Line Dancing
	1:30 PM	Zumba Beginners
	2:15 PM	Zumba Advanced
<b>Wednesday -</b>	8:20 AM	Yoga
	9:30 AM	Low-Impact Aerobics
	10:45 AM	Chair Aerobics
	1:00 PM	Poker
	1:00 PM	Bingo
<b>Thursday -</b>	8:15 AM	Modified Aerobics
<b>Friday -</b>	8:20 AM	Yoga
	9:30 AM	Low-Impact Aerobics
	10:45 AM	Chair Aerobics
	1:00 PM	Bingo

### **GOAL**

The goal of the Senior Centers is to meet the needs of elderly persons from various cultural, economic and ethnic backgrounds through the continuous development of a comprehensive program of activities.

### **MEMBERSHIP**

Membership is free and is open to persons who reside in Lafayette Parish and are 55 years of age and older.

### **CONTACT INFORMATION**

**Location:** 120 Statesman Dr.  
Lafayette, LA 70506

**Phone:** (337) 291-5444      **Fax:** (337) 291-5447

**Hours:** Monday - Friday  
8:00 AM - 4:30 PM

**LAFAYETTE CONSOLIDATED GOVERNMENT  
COMMUNITY DEVELOPMENT DEPARTMENT  
HUMAN SERVICES DIVISION / SENIOR CENTERS**  
<http://www.lafayettela.gov/cd/dpt842seniorcenter.asp>